

STATION THREE

BATTING

WHAT TO DO

1. Each batter will get six hits; all other players will be in scattered fielding positions, one or two catchers on either side of field.
2. Any one of the fielders, fields the ball and returns it to the nearest catcher. Fielders may roll the ball to the catcher's area.
3. The catchers drops the ball into to bucket.
4. At the completion of six hits, everyone must switch.
5. Balls are returned to the "T" area.

Skill Progression: After work and mastery of batting mechanics, on the "T", try hitting the ball with different areas of the bat:

- a. hit the ball with the inside part of the bat
- b. hit the ball with the "meat"/middle part of the bat
- c. Hit the ball with the outside of the bat.

GOOD BATTING POSITION:

- A. Stand with the left side of the body toward the pitcher (opposite shoulder for left handed batters)
- B. Feet spread shoulder width apart
- C. Weight evening distributed
- D. Have bat pointed up and back w/ elbows away.
- E. Swing begins with a hip roll and a short step forward in the direction of the pitcher.
- F. Eyes are kept on the ball until it is hit.
- G. Have a good follow through.

Things to REMEMBER:

- **Aggressive hitting is critical to success.**
- **The hitter must have the mentality that every pitch thrown will be a strike.**
- **The hitter must be thinking "yes-yes-yes."**
- **It is much easier to not swing if the pitch is not a strike than it is to suddenly make up your mind to swing. (Bear in mind that most pitchers will throw a strike on one of the first two pitches.)**
- **Hitting is a very difficult skill, one that takes a lot of repetition and a lot of practice. The more the hitter can swing in practice, the better she will be in the game.**

INHALE LIFE

DURING THE BATTING MOTION BATTERS SHOULD:

- Allow the front shoulder to track the ball from the pitcher's hand to the contact zone.
- Allow hips to rotate as the hitter approaches the contact with back leg driving into a now firm front leg, and the back toe begins to turn toward the pitcher—"Squish the Bug"!
- At contact the hips and shoulder should be parallel to the front edge of the plate.
- The stride leg is firm and straight, the back leg should be slightly flexed at the knee and driving into the firm front side.

Did you know?

Physical activity is the single most important behavior an individual can choose to engage in to reduce the risk of illness, improve mental health, and overall quality of life.